



SACRED HEART CHURCH

A Parish Family with St. Monica, Mercer Island

9460 N.E. 14TH STREET • BELLEVUE, WA 98004 • 425-454-9536
sacredheart.org

MARCH 29, 2026

LITURGY SCHEDULE

Sunday Mass

9:00 AM, 11:00 AM, and 5:00 PM Mass

Saturday Vigil Mass

5:00 PM (Live-streamed)

Confessions

Wednesday 8:15 - 8:35 AM

Saturday 3:00 - 4:30 PM

Weekday Rosary

Monday, Thursday and Friday

8:15 AM

Wednesday

8:00 AM

Weekday Mass

Monday, Wednesday, Thursday and Friday

8:45 AM

First Friday of the Month Mass 7:00 AM

Rosary Group

Monday 7:00 PM

Weekly Eucharistic Adoration

Thursday 2:00 - 4:00 PM

First Friday of the Month Eucharistic Adoration

9:30 AM - 11:00 AM

Sacrament Preparation

425-454-9536

OFFICE HOURS

Parish

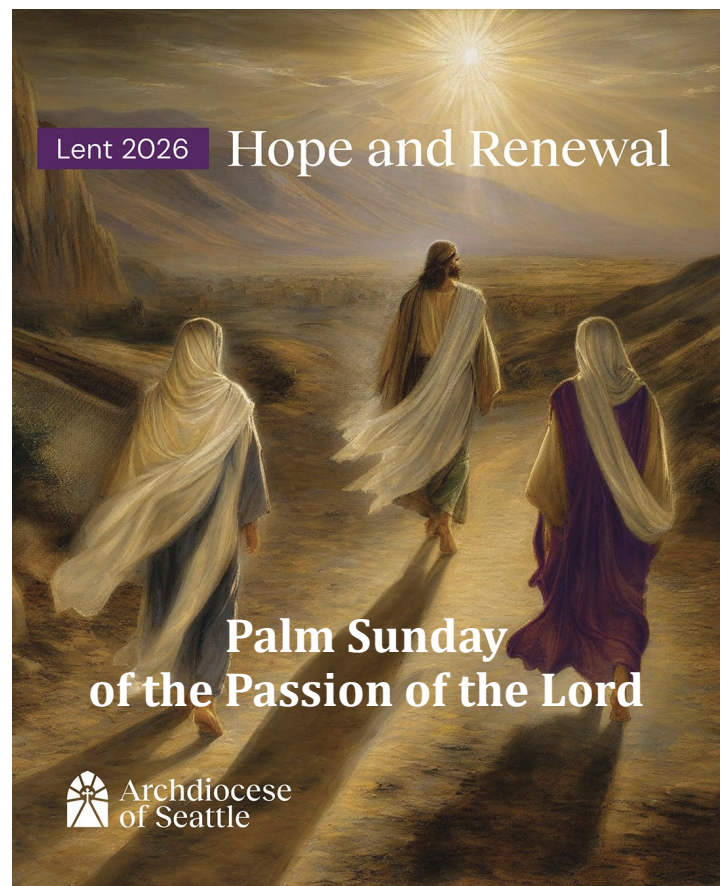
8:30 AM - 4:00 PM Mon - Fri

School

8:00 AM - 4:00 PM Mon - Fri

OUR MISSION STATEMENT

Sacred Heart Parish
is a welcoming Catholic community,
which inspires faith in God,
through prayer, sacraments, and service,
while living Gospel values,
as faithful followers of Jesus Christ.



Lent 2026

Hope and Renewal

Palm Sunday
of the Passion of the Lord

Archdiocese
of Seattle

PARISH CALENDAR

Sunday March 29

PALM SUNDAY OF THE PASSION OF THE LORD

9:00 AM **Mass**
11:00 AM **Mass** with CLOW
12:30 PM Sunday School
2:00 PM Children's Sacramental Prep Class
5:00 PM **Mass**

Monday March 30

Monday of Holy Week

8:15 AM Rosary
8:45 AM **Mass**
6:30 PM OCIA Group
7:00 PM Rosary Group

Tuesday March 31

Tuesday of Holy Week

8:30 AM Morning Bible Study Group
10:00 AM Stitchers with Heart Group

Wednesday April 1

Wednesday of Holy Week

8:00 AM Rosary
8:15 AM Confessions
8:45 AM **Mass** (school attending)
6:30 PM Emmaus Youth Ministry
Prayer Night

Thursday April 2

HOLY THURSDAY

6:30 PM **Mass of the Lord's Supper**
7:30 PM Adoration of the
Blessed Sacrament
(following Mass until 9:00 PM)

Friday April 3

GOOD FRIDAY

Parish Office Closed in Observance of Good Friday
12:00 PM Stations of the Cross at St. Monica
6:30 PM **Liturgy of the Lord's Passion**

Saturday April 4

HOLY SATURDAY

3:00 PM Confessions - Reconciliation Chapel
8:00 PM **The Easter Vigil in the Holy Night**

Sunday April 5

EASTER SUNDAY OF THE RESURRECTION OF THE LORD

9:00 AM **Mass**
11:00 AM **Mass**
(No Sunday School or CLOW on Easter Sunday)



PARISH STAFF

PARISH OFFICE

425-454-9536

Rev. Kurt Nagel, Pastor ext. 10109
frnagel@sacredheart.org

Rev. Joseph L. Akor, Parochial Vicar ext. 10113
frakor@sacredheart.org

Cathleen Adams, Pastoral Assistant for Children's Faith
Formation
cadams@sacredheart.org ext. 10112

James Applegate, CPA Bookkeeper/Accountant
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Bridget Darrow, Pastoral Assistant for Administration
bdarrow@sacredheart.org ext. 10102

Robert Eubanks, Facilities Supervisor
reubanks@sacredheart.org ext. 10157

Linda Geere, Pastoral Assistant for Pastoral Care
lgeere@sacredheart.org ext. 10108

Kelsey Heintz, Pastoral Assistant Middle School Youth Ministry
kheintz@sacredheart.org

Phoebe Kwan, Pastoral Assistant for Liturgy
pkwan@sacredheart.org ext. 10110

Susan Olmos, Pastoral Assistant for Liturgical Music
solmos@sacredheart.org ext. 10106

Lucy Paulsen, Admin. Assistant for Giving, Data
& Sacramental Records
lpaulsen@sacredheart.org ext. 10103

Sharon Phillips, Pastoral Assistant High School Youth Ministry
sphillips@sacredheart.org ext. 10114

Annette Seats, Pastoral Assistant for Communications
& Stewardship
aseats@sacredheart.org ext. 10105

Nila Snyder, Admin. Assistant for Reception & Sacramental
Registration
nsnyder@sacredheart.org ext. 10100

PARISH SCHOOL

425-451-1773

David Burroughs, Principal
Erica Pierson, Vice-Principal

PARISH LEADERSHIP

- Pastoral Council:
Charlie Herb
- Finance Council:
Douglas Withers
- School Commission:
Charlie Herb
- Community Outreach Commission:
Diana Schiro & Jackie Weeks
- Worship Commission:
Phoebe Kwan

Sacred Heart Church is open weekdays from 8:00 am - 3:00 pm. (Thursdays until 4:00 pm)

SACRED HEART - LENT 2026 - HOPE AND RENEWAL



Holy Thursday—April 2nd

6:30 PM Sacred Heart ~ 6:30 PM St. Monica

Good Friday—April 3rd

6:30 PM Sacred Heart ~ 6:30 PM St. Monica

Holy Saturday, Easter Vigil—April 4th

8:00 PM Sacred Heart ~ 8:00 PM St. Monica

Easter Sunday—April 5th

Masses at 9:00 AM & 11:00 AM ~ Sacred Heart

Masses at 9:00 AM & 11:00 AM ~ St. Monica



Church Crucifix and Statues Veiled Through the End of Lent

From the Fifth Sunday of Lent into the celebration of the Paschal Triduum, the sacred images and crucifix in the church are shrouded in purple fabric. In these last two weeks of Lent, we reflect with more focus on the Passion and Death of Our Lord. With this in mind, it might initially seem counterintuitive for the crucifix to be covered. A better way to understand this practice can be found in the words of St.

Athanasius of Alexandria, who emphasized that “The Cross of the Lord is a sign of victory over death.” In the veiling of the crucifix, this sign of His great victory is hidden from our sight. Likewise, veiling the images of our saints hides from us the glory of their participation in His death and resurrection. During this last period of Lent, as we fast from the visual reminders of Christ’s victory, we look forward with greater anticipation to the Easter Triduum. (On Good Friday, during the liturgical celebration of the Passion of the Lord, a crucifix is unveiled as the priest intones “Behold the wood of the Cross, on which hung the salvation of the world.” The congregation responds, “Come, let us adore.” Let us prepare our hearts now for this moment.



Don't Forget to Return Rice Bowl Donations this Weekend, March 28 - 29, 2026

Please return your Rice Bowl donations to the collection basket during Mass this weekend. Kindly write a check to Catholic Relief Services for the total amount collected in your Rice Bowl (please, no coins). Renew your commitment to serving our sisters and brothers who bear heavy crosses by supporting families facing hunger and malnutrition, so that everyone may live with dignity. To donate online, visit crsricebowl.org. Thank you!

Lenten Fasting & Abstinence

Fasting

One full meal and two small meals
(The two small meals do not equal a full meal)

Ash Wednesday & Good Friday
Ages 18–59

Abstinence

No meat
Every Friday during Lent
Ages 14+

ADMINISTRATION & STEWARDSHIP

Registration Now Open!



ASCEND
EUCHARISTIC REVIVAL

SATURDAY

MAY 16, 2026

@ Meydenbauer Center

ASCEND Eucharistic Revival

Registration is now open for the ASCEND Eucharistic Revival on **Saturday, May 16th** at the Meydenbauer Center in Bellevue. Inspired by the experiences of the 2024 National Eucharistic Congress in Indianapolis, ASCEND seeks to provide Catholics in the Pacific Northwest a day of faith-strengthening, spiritual enrichment, and sacramental participation with the hope of increasing belief in the Real Presence of Christ in the Eucharist and drawing all attendees into a deeper relationship with God through His Son. With Mass celebrated by Archbishop Etienne, Eucharistic Procession, Adoration, over 20 relics, and inspiring speakers such as Chris Stefanick and Tim Gray, it is set to be a powerful and historical day of encounter. Seating is limited. Please visit ascendeucharisticrevival.church to learn more and to register.

Upcoming Funeral - Sacred Heart Church



Linda Rogers

Rosary Vigil

Friday, April 10th at 7:00 PM

Funeral Mass

Saturday, April 11th at 11:00 AM

Carpe Diem's April
**50+ Potluck Supper
& Feature Film**

4:30pm
Thurs., April 16
Sacred Heart
Narthex

Food Assignments
A-C: dessert for 8-10
D-I: salad/side for 8-10
J-Z: main dish for 8-10

Info: Linda Geere, 425-450-3908
or lgeere@sacredheart.org



 **Pushpay**

Scan the QR Code for
Online Giving to
Sacred Heart Parish.



Stewardship of Treasure

Sunday collection totals

July to January 31, 2026 Budget	\$976,994
July to January 31, 2026 Actual	\$982,259
	+\$5,265
Prior year actual (July- January 2025)	\$974,681

Thank you for your generosity!!

Stewardship recognizes that all we have, all we are, is a gift from God.

WEEKLY READINGS

Palm Sunday 3/29

Matthew 21:1-11 (procession)
Isaiah 50:4-7
Psalm 22:8-9,17-18,19-20,23-24
Philippians 2:6-11
Matthew 26:14—27:66

Monday 3/30

Isaiah 42:1-7
Psalm-27:1-3,13-14
John 12:1-11

Tuesday 3/31

Isaiah 49:1-6
Psalm 71:1-4a,5ab-6ab,
15,17
John 13:21-33,36-38

Wednesday 4/1

Isaiah 50:4-9a
Psalm 69:8-10,21-22,31,33-34
Matthew 26:14-25

Holy Thursday 4/2

Exodus 12:1-8,11-14
Psalm 116:12-13,15-16c,17-18
1 Corinthians 11:23-26
John 13:1-15

Good Friday 4/3

Isaiah 52:13—53:12
Psalm 31:2,6,12-13,15-17,25
Hebrews 4:14-16; 5:7-9
John 18:1—19:42

Holy Saturday 4/4

Refer to Easter Vigil readings at uscgb.org

Easter Sunday 4/5

Acts 10:34a,37-43
Psalm 118:1-2,16ab-17,22-23
Colossians 3:1-4
John 20:1-9

MASS INTENTIONS

Sunday 3/29 (PALM SUNDAY)

9:00 AM Mass:
INT THE PARISHIONERS OF SACRED HEART

11:00 AM Mass:
INT THE PARISHIONERS OF SACRED HEART

5:00 PM Mass: PRIEST PRIVATE INTENTION

Monday 3/30

RIP KIM PRINGLE by Kathy Cato

Wednesday 4/1

RIP PAULINE GEISLER by Tom & Michele Bartell

Thursday 4/2 (Holy Thursday)

Friday 4/3 (Good Friday)

Saturday 4/4 (Holy Saturday)

Sunday 4/5 (Easter Sunday)

9:00 AM Mass:
INT THE PARISHIONERS OF SACRED HEART

11:00 AM Mass:
INT THE PARISHIONERS OF SACRED HEART

POPE'S PRAYER INTENTION - MARCH

For Disarmament and Peace

Let us pray that nations move toward effective disarmament, particularly nuclear disarmament, and that world leaders choose the path of dialogue and diplomacy instead of violence.

PLEASE PRAY FOR:

The Sick

Steve Bumgardner

The Deceased

Robert Darling

ARE YOU UNABLE TO ATTEND MASS?

If you are unable to attend Mass in person due to poor health, advanced age or recovering from surgery and would like to receive Holy Communion at home, please contact Linda Geere in the parish office at 425-454-9536.

Eucharistic Adoration

Eucharistic Adoration is the beautiful devotion of praying before Jesus in the Blessed Sacrament. You are invited to attend Adoration, scheduled for **2:00-4:00 pm** on Thursdays and **9:30-11:00 am** on first Fridays of the month.



“Our faith in the Eucharistic presence of Christ naturally leads us to moments of prayer before the Blessed Sacrament.” *Archbishop Etienne*

EMERGENCY HELPLINE NUMBERS

988: Suicide and Crisis Lifeline
Narcotics Anonymous: 206-790-8888
Alcoholics Anonymous: 206-587-2838
Suicide Crisis Hotline: 206-461-3222
WA State Domestic Violence: 1-844-762-8483
National Domestic Violence: 1-800-799-safe
Teen Link: 1-866-833-6546
Al-Anon: 206-625-1000

CHILDREN'S FAITH FORMATION

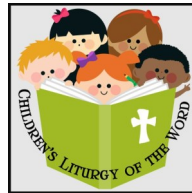


Sunday School March 29th

Sunday School: K – 5th grade students, 12:30-1:30 PM in the portable classroom

CLOW - March 29th

(Children's Liturgy of the Word) during the 11:00 AM Sunday Mass: PreK- 1st grade students. Older children are welcome if attending for sibling support.



There is no CLOW or Sunday School on Easter Sunday.

SACRED HEART SCHOOL



Be Part of the Mission at Sacred Heart School

Catholic education changes lives. At Sacred Heart School, students are formed each day in faith, academic excellence, and service.

Parishioner generosity directly supports our teachers, strengthens our programs, and meets the needs of our students. If you feel called to invest in the next generation, we invite you to make a gift today.

Thank you for supporting Sacred Heart School and the future of Catholic education in our parish.



ONE NATION UNDER GOD
NATIONAL Eucharistic Pilgrimage
St. Frances Xavier Cabrini Route

Support Sharon as she travels with our Eucharistic Lord and submit your prayer intentions.

Eucharistic Pilgrimage

Sharon Phillips, our High School Youth Minister, recently shared her exciting news of being a Perpetual Pilgrim with the National Eucharistic Congress. She will serve as a Music Co-Lead for processions, walking with our Lord in the Eucharist along the entire eastern seaboard of the United States. She will serve alongside 8 young adults who make up the team of Perpetual Pilgrims, and will have the opportunity to carry parish prayer intentions for the duration of the pilgrimage. Contact Sharon at sphillips@sacredheart.org for information on submitting a prayer intention and how you can help in meeting her fundraising goal of \$6000. Visit eucharisticpilgrimage.org to learn more.

EMMAUS YOUTH MINISTRY PRESENTS

HOLY WEEK PRAYER NIGHT

WED, APRIL 1ST 6:30-7:30PM

SACRED HEART CHURCH, BELLEVUE

OPEN TO ALL AGES!

JOIN US IN PRAYER, ADORATION,
CONFESSION, AND PRAISE AS WE
PREPARE TO ENTER THE TRIDUUM

Missed a Sacrament?

It is never too late! If you or someone in your family has missed celebrating a sacrament such as Baptism, First Communion or Confirmation, please contact the parish office at 425-454-9536. We are here to assist and guide your family in sacramental preparation.

COMMUNITY OUTREACH - COMMUNITY EVENTS

Thank you!

to our generous Sacred Heart Parishioners for donating an average

285 lbs monthly of non-perishable food.

Your kindness provides essential assistance to individuals and families in need within our local community. We are deeply grateful for your compassion and continued support.



Next Brown Bag Sunday April 12!



Holy Thursday, April 2nd St. Vincent de Paul Collection

Holy Thursday has traditionally been one of two yearly special collections for the St. Vincent de Paul Conference of Sacred Heart Parish. Please consider a donation to support our assistance to neighbors in need. There are several ways to make your donation. You can place your donation in the collection basket during Mass, donate online at

pushpay.com/g/sacredheartbellevue, or scan the QR code. Thank you for your continued support of the mission of St. Vincent de Paul.



Rachel's Corner

Project Rachel Post Abortion Healing Retreats

Spanish Retreat: June 5 - June 7, 2026

English Retreat: Sept. 25 - Sept. 27, 2026

Men's Healing Retreat: Oct. 10 - Oct. 11, 2026

To leave a confidential message please call

English: (206) 920-6413 Spanish: (206)-450-7814

Email projectrachel@ccsw.org. Visit us at

www.ccsw.org/projectrachel or www.facebook.com/projectrachelww. Project Rachel is a program of

Catholic Community Services.
You are loved with an everlasting Love!



Worldwide Marriage Encounter

May the love of God heal and strengthen our marital bonds so we can live in Love and experience Joy. The next Worldwide Marriage Experience (WWME) will be at the Hampton Inn in **Everett, WA on April 24-26, 2026**. Apply at www.wwme.org. Tap on APPLY, scroll down to April, click on Everett and fill in your information. For more information leave a message at 206-772-2344.

Knights of Columbus - 3rd Annual

Charity Golf Classic SacredHeartKnights.com

JUNE 1st, 2026 - 12-8PM - Newcastle Golf Club



General Registration



Sponsorship Opportunities



KNIGHTS OF COLUMBUS

Want to join the Knights of Columbus and be part of the brotherhood?

- Volunteer Services
- Charitable Donations
- Church Support
- Support for Vocations
- Scholarships

We support many activities for the Sacred Heart School, provide financial assistance for Seminarians who are studying for the Priesthood, and we assist our parish in feeding the homeless.

The Knights of Columbus is not just a fraternity in name. It is a brotherhood of Catholic men who each play a part in improving the world around them, one community at a time. They stand together in faith, dedicated to uphold the principles they cherish while lending their support and strength to parish, home and fellow Knight.

From charity for worldwide causes, to helping closer to home with volunteer activities, to a top-rated insurance program that protects those closest to you, the Knights makes the most of its brotherhood.

Make a stand among them, and you can discover how easy it is to make a difference in your life and that of others.

Want to join? Ask a Knight for Details.



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Don Lovell
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 Don Lovell

Matt@TeamSkally.com
 206-661-8624

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Committed to serving Sacred Heart Parishoners, adhering to the Golden Rule.

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 Parish/publications for weekly parish bulletins

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